

Fall Veggie Casserole

Makes: 8 servings

Grab some fresh eggplant and tomatoes from the market and serve this veggie casserole with dinner that is topped off with Parmesan cheese.

Ingredients

- 5 1/2 cups** eggplant, cubes (1 medium eggplant)
- 4** tomatoes
- 1** green pepper
- 1** onion
- 1 teaspoon** salt
- 1/4 teaspoon** pepper
- 3 tablespoons** vegetable oil
- 1** garlic clove
- 2 tablespoons** Parmesan cheese (grated)

Directions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with the Parmesan cheese and serve.

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

| Nutrients | Amount |
|---------------------------|---------------|
| Calories | 90 |
| Total Fat | 6 g |
| Saturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 320 mg |
| Total Carbohydrate | 8 g |
| Dietary Fiber | 3 g |
| Total Sugars | 4 g |
| Added Sugars included | N/A |
| Protein | 2 g |
| Vitamin D | N/A |
| Calcium | N/A |
| Iron | N/A |
| Potassium | N/A |

N/A - data is not available